



Statesboro YMCA

Group Fitness

February 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HOURS: MONDAY-THURSDAY 5:00AM-9PM / FRIDAY 5AM-8PM/ SATURDAY 7AM-6PM/ SUNDAY 1PM-6PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	HIIT Hannah Aerobic Studio					
6:00 AM			Project Fit Laura Wellness Center			
8:00AM	Pilates Kaylee Yoga Studio	WOD Cale Wellness Center	Boot Camp Hannah Aerobic Studio		WOD Cale Wellness Center	HIIT Phylicia Aerobic Studio
	Boxing Circuit Austin Boxing Studio 8:15-9AM	Barre Bella Yoga Studio				
8:00 AM 8:30 AM		Zumba Ron Aerobics Studio		Zumba Ron Aerobics Studio		
9:00 AM	Project Fit Laura Wellness Center	X-Plode Rosa Aerobic Studio	Morning Yoga Kaylee Yoga Studio	HIIT Hannah Aerobic Studio	Zumba Rosa Aerobic Studio	Zumba Rosa Aerobic Studio
		Morning Yoga Kaylee Yoga Studio		Barre Bella Yoga Studio		Simply Core Phylicia Yoga Studio 9-9:30AM
11:00 AM	Active & Ageless Lindsey Aerobic Studio	Chair Yoga Kevin Aerobics Studio	Active & Ageless Lindsey Aerobic Studio		Active & Ageless Lindsey Aerobic Studio	Cardio Kick Boxing Hannah Aerobic Studio
1:00 PM						Strong by Zumba Alex Aerobic Studio
4:30 PM		Project Fit Laura Wellness Center				
5:00 PM	Muscle Mission Tenisha Aerobic Room		Hip Hop Ron Aerobic Room	Muscle Mission Phylicia Aerobic Room		
	Vinyasa Yoga Kaylee Yoga Studio					
5:30 PM		Boot Camp Hannah Aerobic Room	Simply Core Phylicia 5:30-6PM	Barre Bella Yoga Studio		
6:00 PM	WOD Cale Aerobic Studio	Barre Bella Program Studio	WOD Cale Aerobic Studio	Strong by Zumba Alex Aerobic Studio		
		Beginner Yoga Kevin Yoga Studio	Pilates Kaylee Yoga Studio			
6:30 PM	Kids Zumba Alex Program Studio	Cardio Kick Boxing Hannah Aerobic Room		Yoga Flow Alexis Yoga Studio		
7:00 PM		Simply Core Bella Yoga Studio 7-7:30PM	Zumba Rosa Aerobic Studio	Boot Camp Hannah Aerobic Studio		
7:30 PM	Zumba Alex Aerobic Room	Yoga for Strength Kaylee Yoga Studio		Slow Yoga Kaylee Yoga Studio		

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body



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CLASS DESCRIPTION

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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						Cycle Benjamin Cycle Studio
9:00 AM	HIIT Cycle Hannah Cycle Studio		Cycle/ Yoga Alexis Cycle Studio			
11:30AM						Cycle/ Yoga Alexis Cycle Studio
6:00 PM	Cycle 101 Benjamin Cycle Studio					
7:30PM				Cycle Benjamin Cycle Studio		

Active & Ageless: Is a low impact class that uses light weight, a little cardio, strength training, balance and flexibility, while focusing on activities for daily living. Chair is available for your convenience.

Barre: This class fusions traditional ballet movements and targets muscle toning while using Pilates to engage the core. We use resistance bands and body weight to challenge your body with controlled movements.

Beginner Yoga: Use posture and stretches in combination with breathing to develop flexibility and relation

Boot Camp: Improve your strength and stamina through this rugged workout. 50% Strength, 50% Cardio

Boxing Circuit: Exercise like a heavyweight champ in this class that employs jump ropes, heavy bags, speed bags and other equipment to take you through reflex drills, coordination exercises, footwork, shadow boxing, jump training, and other boxing-inspired forms of cross-training.

Cardio Kick Boxing: A class that combines martial arts with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout

Chair Yoga: Is a gentle form of yoga provides a unique opportunity to find deeper well-being through exploration of gentle postures, breath work, meditation and deep relaxation.

Cycle: An intense cycling cardio experience with hill climbs, sprints, and isolations set to motivational music.

Cycle 101: Gain the confidence you need to go the distance: Beginner rides feature shorter intervals, a lower range of resistances, frequent form checks, and high-energy music to keep each ride fun and exciting.

Hip Hop: Dance your way to fitness with a mixture of pop, rock, hip hop, and international music. No dance experience necessary!

HIIT-High Intensity Interval Training: A high level cardio workout in which high spurts of cardio segments are combined with body weight exercises for an intense workout. This class last a quick 45 minute

HIIT Cycle: All fitness levels welcomed! Challenge yourself with interval sprint, climbs and hills with little rest!

Muscle Mission: Try this class if you are ready to tax your muscles in a variety of ways. Utilizes various pieces of equipment and muscle groups to maximize calories burned.

Pilates: Optimize your body awareness with good posture and alignment while increasing core strength and flexibility

Project Lift: Constantly varied workouts done along with some weight lifting at high intensity to achieve maximum fitness goals! Interval training, body weight movements and basic lifting.

Simply Core: Develop functional core strength, flexibility and balance in a quick 30 minute class

Vinyasa Yoga: A vigorous and challenging style of yoga that links posture and breath to build heat, flexibility, strength and mental focus

WOD: Workout of the Day– Train with a certified Personal Trainer. Each workouts will push you to the next level! All abilities levels welcomed!

X Plode: This class utilizes the Step to enhance dynamic body movement with high intensity cardio/strengths intervals. Total Body workout perfect for rookies and athletes.

Slow Yoga: A slow-paced style of yoga with postures that are held for longer periods. It aims to targets our deepest tissues of the body

Yoga for Strength: Add intensity, challenge strength building and stamina to your mindful yoga movements

Yoga Flow: This class is designed for beginners through intermediate students utilizing Vinyasa style.

Yoga Spin: This class combines yoga and indoor cycling, 60-minute class that is divided into two half-hour segments: 30 minutes of spin followed by 30 minutes of yoga.

ZUMBA®: A fusion of Latin and International dance styles made into a fun cardio Fitness class.

Kids ZUMBA®: For kids ages 7-11 get a classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

STRONG BY ZUMBA®: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Notes to Know:
Register now for our Ballet and Contemporary Dance Programs

Partner Yoga on February 14th from 7-8 PM in the Yoga Studio!!

CHILDWATCH SCHEDULE (Ages 6 weeks – 4 yr. old)

Mon.-Fri: 8:00 am-12:00 pm and 4:00 pm-7:15pm

Saturday: 8:00 am – 12:30 pm

Y-Zone (ages 5-12)

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Saturday: 8:00 am – 12:30 pm

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